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Call of The Wild
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Anatomy of the Spirit

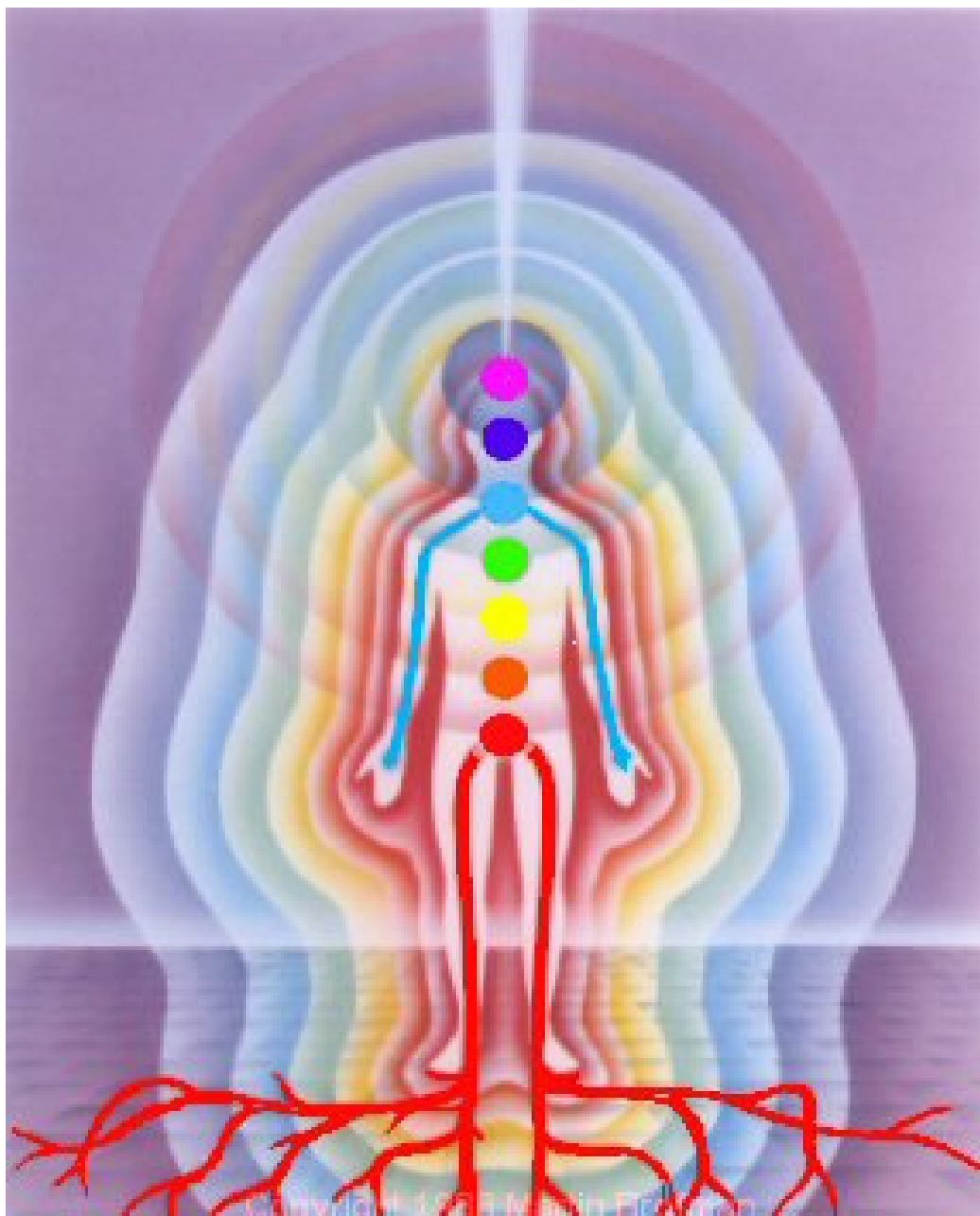
**There are 7 power centers in our body,
called chakras.**

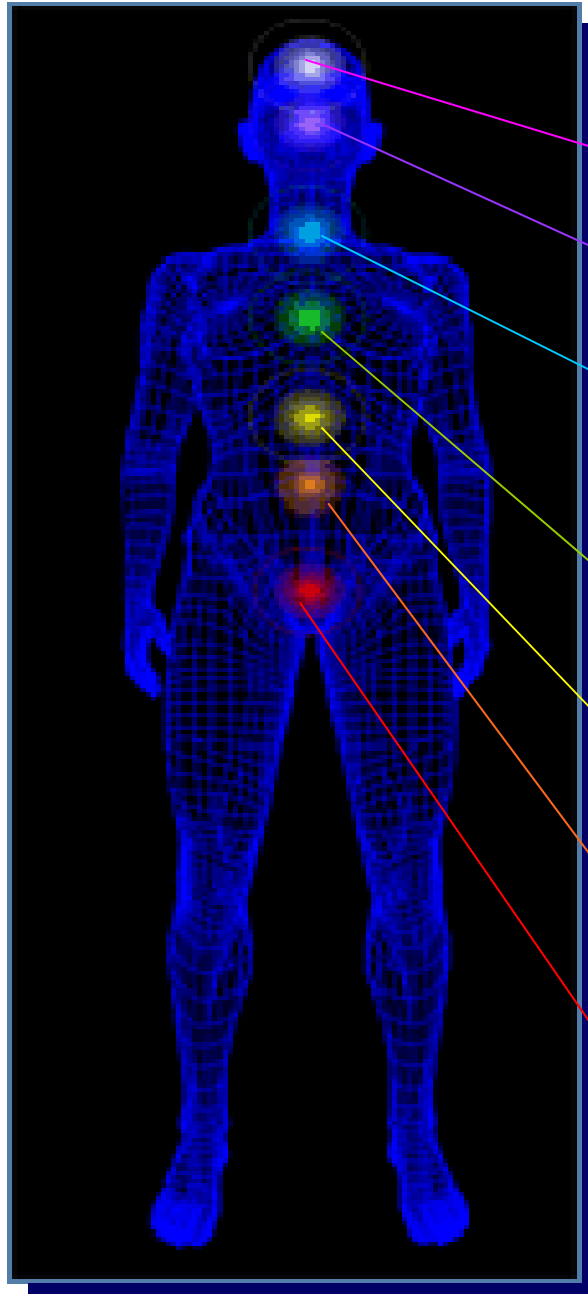
**The state of each chakra reflects the health
of an area of our body.**

**It also reflects our psychological,
emotional and spiritual well-being.**

**Every thought and experience we've ever
had in our life gets filtered through these
chakra databases. Each event is recorded
into our cells.**

Chakra Diagram





SAHASRARA (Spiritual Connector)

Live In The Present

AJNA (Third Eye Chakra)

Seek Only The Truth

VISHUDDHA (The Power of Will Chakra)

Surrender Personal Will to Divine Will

ANAHATA (Emotional Power Chakra)

Love is Divine Power

MANUPUR (Personal Power Chakra)

Honour Oneself

SWADISTHAN (Relationship Chakra)

Honour One Another

MULADHAR (Root Support)

Tribal Chakra – All is One

Anatomy of the Spirit

Each of these centers correlates to major nerve ganglia branching forth from the spinal column.

They also correlate to the levels of consciousness, archetypal elements, developmental stages of life, colors, sounds, body functions, and much, much more.

By understanding the working of the chakras we can:

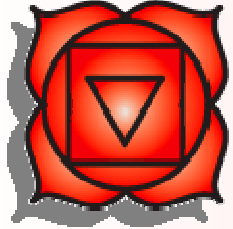
- Intuitively diagnose our energy
- unplug from negative thoughts and perceptions
- Live as a healthier, more empowered person.

Anatomy of the Spirit

“Our biography becomes our biology.”

When chakra energy is blocked or misdirected, emotional and physical illness can arise.

By exploring our seven power centers we see how they reflect what's happening in our body, and in our life.



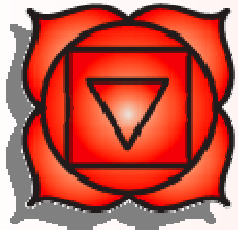
Muladhara

(All is One)

Tribal Power

Group identity, Group Force, Group willpower, Group belief patterns. This Chakra grounds us. It is where our Identity begins.

- Listening to the National Anthem
- Observing the Republic Day Parade
- Watching your country win a gold medal
- Witnessing the marriage of a loved one.



Muladhara

(All is One)

Tribal Power: Lessons Related to the Material World

The 1st chakra is the foundation of emotional and mental health.

Our Tribal Identity and our Belief Patterns.

The power of **unified beliefs** makes it difficult to differ with one's tribe.

Eg. Manner of dress, social graces, attitudes etc.

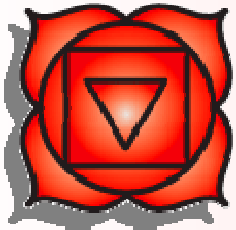
Positives: Security in belonging to group in which one is spiritually, emotionally, physically comfortable.

Negatives: If tribal values are lived unconsciously, can become toxic.

As we explore our creative abilities, we outgrow certain belief patterns. The tribal patterns are the 1st to be challenged.

In tribal consciousness personal responsibility is not well-defined, allowing individual responsibility to be avoided.

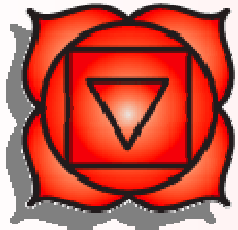
As we become conscious of our choices and responsibilities, tribal identity diminishes.



Muladhara

(All is One)

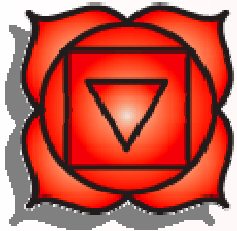
- Tribal Power is energetically connected to the health of our Immune System, legs, bones, feet and rectum
- Tribal challenges cause us to lose power from our chakra.
- Viral & Epidemics are an example of negative group experiences & current social issues of the tribe.
- Feeling victimised or powerless depletes Ist Chakra energy.



Muladhara

(All is One)

- Our tribes teach us that ‘the world out there’ is either safe or dangerous, abundant or poverty ridden, educated or ignorant, a place to give or take.
- Our spiritual development challenges us to retain those tribal influences that are positive and discard those that are not.
- As we grow, we see beyond the contradictions of tribal teachings and pursue deeper level of truth.



Muladhara

(All is One)

LOYALTY

An unwritten law, often more powerful than love.

Toxic when it harms one's ability to protect oneself, or becomes an unquestioned belief pattern.

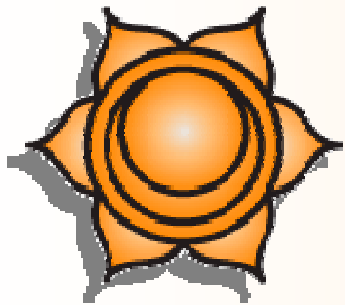
HONOUR

Every tribe has its code of honour – religious & ethnic traditions & rituals.

Gives the ability to 'stand stand up for oneself' with pride and dignity.

JUSTICE

'An eye for an eye', 'law of karma'. Pride or shame. Violating tribal justice can leave one 'ungrounded'.



Swadisthan

(Honour one another)

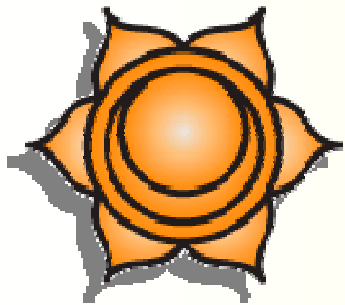
The 2nd Chakra represents the Power of Relationships. It becomes distinct around age 7.

It is the Partnership Chakra.

The unified energy of 1st Chakra becomes divided into polarities in 2nd Chakra.

It is linked to our need to have control over people, money, authority.

Illnesses originating here are activated by fear of losing control eg. Prostate or ovarian cancer, chronic pain in lower back, arthritis etc.



Swadisthan

(Honour one another)

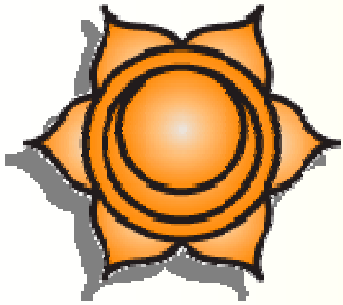
The Power of Choice

2nd Chakra helps us evolve beyond the collective energies of the tribe.

The duality of the 2nd Chakra constantly challenges to make choices out of opposing sides. *(the power of choice with its creative & spiritual implications, is the essence of the human experience)*

The paradoxical nature of choice - We will never know the full outcome of any choice we make. What seems right can turn out wrong, what appears good can end up bad.

While the energies of 2nd Chakra asks us to choose (and to control) the lesson of the 2nd Chakra is we cannot be in control.

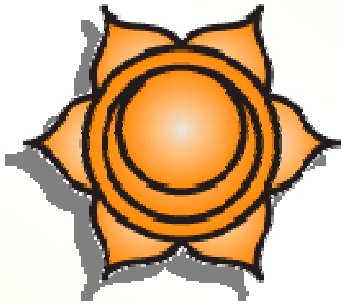


Swadisthan

(Honour one another)

Primary Fears: loss of control, or being controlled by another, through the dominating power of events or conditions such as addictions, rape, betrayal, impotence, financial loss, abandonment by our primary partner or professional colleagues, fear of loss of power of the physical body.

Primary strengths: ability and stamina to survive financially and physically, to defend & protect oneself: the fight or flight instinct; resilience to recover from loss, personal & professional decision making ability.



Swadisthan

(Honour one another)

Motivation

The challenge of the 2nd Chakra is: what motivates us in our choices – fear or faith?

Choice & Relationships

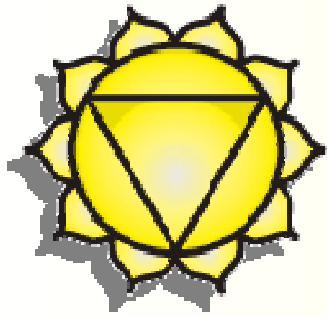
2nd Chakra energy is v volatile as it seeks to create. It is linked to the issues of physical survival: **Sex, power & money**

It gets into direct conflict with habitual patterns of behaviour.

Repitition Vs. Creativity. If blocked, interferes with our spiritual maturation as if saying ‘I don’t want to understand any deeper’.

Ethical Energy

Ethical centre of the body. It records all our promises, commitments, resolutions.



Manipur

(Honour Oneself)

The 3rd Chakra is the Personal Power Chakra. Becomes dominant during puberty.

It continues the process of individuation, of forming ‘self’.

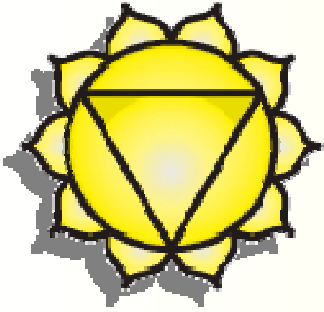
3rd Chakra completes the physical trilogy of the human energy system & primarily relates to physical form of power.

1st Chakra – group / tribal power

2nd Chakra – power between self and others

3rd Chakra – personal power in relation to the external world.

Self respect and Self Esteem



Manipur

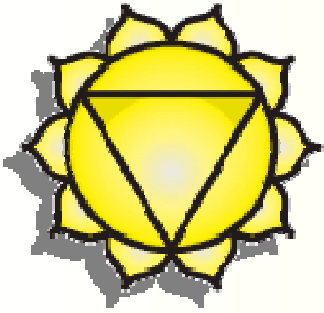
(Honour Oneself)

Primary Fears :

Fear of rejection, criticism, looking foolish, letting oneself down, fears related to physical appearance (eg obesity, baldness, aging) fears that others will discover our secrets.

Primary Strengths:

Self esteem, self-respect, self-discipline; ambition, ability to handle crisis, courage to take risks, generosity, ethics, strength of character.



Manipur

(Honour Oneself)

Self – Esteem

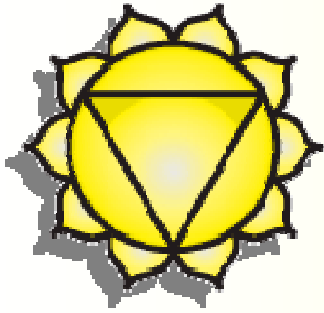
As we develop a sense of self, our intuitive voice becomes our natural guide.

The more we honour ourselves, the more we succeed in work, relationships, healing.

Am I strong or weak? Able or handicapped? Beautiful or scarred?

Given our environment, body and beliefs, do we make choices that enhance our spirit or that drain our power.

The 3rd Chakra makes us evaluate our self and power in relation to the external world.



Manipur

(Honour Oneself)

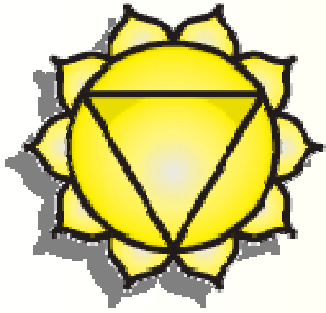
Enhancing Inner Power

With every choice, we either give power to the physical world, or invest energy into the spirit.

Each time we choose to enhance internal power, we limit the authority of the physical world in our lives.

Every choice that enhances our spirit strengthens our energy field; and the stronger this field, the more empowered, healthy & successful we are.

This may entail conflict between ‘two worlds of thought’; fear may create a crisis of courage, conflicting our higher aspirations (intuitions) with our comfort zones.



Manipur

(Honour Oneself)

The Stages of Personal Power

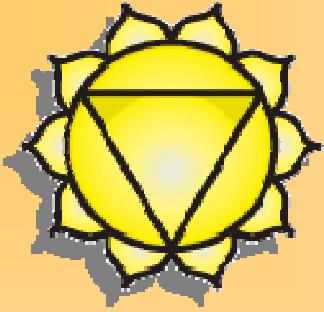
Revolution: we begin to separate from group thought, find our inner voice that reflects our inner belief. (Conflict)

Involution: when we have honoured our personal values, we become open to explore our inner self. We assess the external world & how it is serving our need. (Stamina)

Narcissism: a necessary energy to develop a sense of self.

We give ourselves a make-over & re-create ourselves & our boundaries in the face of opposition. (becoming)

Evolution: maintain & live from principles, dignity, faith without compromising energy from the spirit. (Persona)



Manipur

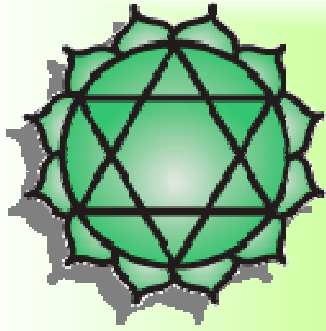
(Honour Oneself)

A Tough Journey

As Dorothy Parker said: *'I hate writing. I love having written.'*

There is no shortcut to becoming a whole person.
Working with our 'gut feelings' and facing our fears, we learn that

Our bodies thrive when our spirits thrive.
'to thine own self be true'



Anahat

(Love is Divine Power)

Emotional Power

The 4th Chakra is the central powerhouse of the human energy system.

It is the meeting point of the body & spirit, earth & heaven, eros & agape.

4th Chakra embodies the spiritual lesson that the most powerful energy we have is love.

It represents our capacity to 'let go and let God.'



Anahat

(Love is Divine Power)

Primary fears: loneliness, commitment, ‘following one’s heart’, fear of inability to protect oneself emotionally, fear of emotional weakness & betrayal.

Loss of 4th Chakra energy gives rise to jealousy, bitterness, anger, hatred, inability to forgive others as well as oneself.

Primary Strengths: Love, forgiveness, compassion, dedication, inspiration, hope, trust, ability to heal oneself & others.



Anahat

(Love is Divine Power)

The 4th Chakra challenge is to have the courage to listen to the deeper emotional stirrings.

To listen to the heart's emotional messages and spiritual directives.

The 4th Chakra guides us to the archetype of the wounded child – the stunting, the painful memories, negative attitudes, dysfunctional self-images.



Anahat

(Love is Divine Power)

Healing the Wounds

The negative currents unless released from the chakra, become physical illness.

Forgiveness is not just a spiritual act of perfection. It is also a physical healing act.

Forgiveness means loving ourselves enough that we let go of the hurts in the past, in order to heal.

The relationship with the Divine moves from the childlike one of the 1st 3 chakras into participating with the Divine to act out the love and compassion.



Anahat

(Love is Divine Power)

Awakening the Conscious Self

Moving out of the 4th Chakra culture to become ‘unwounded’ and self-empowered – entering into Spiritual Adulthood.

Moving away from tribal & relationship priorities, this doorway asks the question ‘What about me?’

Discovering of our emotional nature – not in relation to others but to ourselves:

What do I like?

What do I need for balance?

What makes me need the approval of others?

Can I be intimate with another and still honour my own needs?



Anahat

(Love is Divine Power)

Heart Power

4th Chakra culture has brought in higher divorce rates.

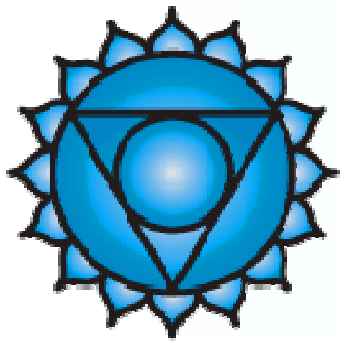
The archetype of marriage has changed to archetype of partnership.

This chakra energy has revealed that marriage requires a stronger ‘self’ rather than an abdicated ‘self’.

Is the union with one’s own spirit, leading to a successful intimate partnership.

It has also changed our consciousness of health & healing.

Toxic emotional stress levels cause diseases, and healing begins with the repair of emotional injuries.



Vishuddha

(surrender personal will to divine will)

The Power of Will

The 5th Chakra challenge is of surrendering our won willpower to the will of God. This houses our struggle with emotional & mental struggles with power of choice.

It embodies progression of Will from

Tribal = everyone & everything has authority over you

You have authority over you;

Final perception that true authority comes from aligning with Divine will.



Vishuddha

(surrender personal will to divine will)

Primary fears: Fears related to willpower exist in each chakra.

Fear of having no control over our lives, over our relationships, over ourselves (addictions), over our well-being. Fear of the will of God. Releasing our will to the Divine will remains the greatest struggle for one seeking consciousness.

Primary Strengths: Faith, self-knowledge, personal authority, capacity to make decision with the belief that we can keep it.



Vishuddha

(surrender personal will to divine will)

Faith

The essence of 5th Chakra is faith. We commit a part of our energy in whatever we put faith in.

The challenge here is to discover what motivates our choices – our faith in fear or the Divine.

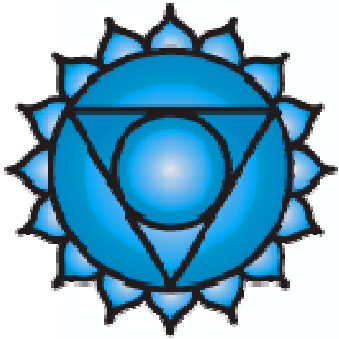
We need to address questions like:

Who is in charge?

What am I meant to do?

What is my purpose?

We move towards surrender as we align our will with the Divine.



Vishuddha

(surrender personal will to divine will)

Meeting of head & heart

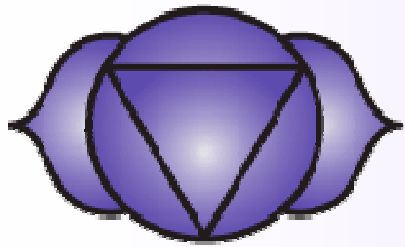
Normally one dominates over the other.

Mental energy powers the external world, while heart energy powers the internal world.

We break thru this pattern by making choices with the united power of head and heart.

‘I choose to be in a place where I am honoured.’

‘I manifest the reality I want.’



Ajna

(Seek only the truth)

The Wisdom Chakra

The 6th Chakra involves the power of mind – our psyche – our conscious & unconscious psychological forces. 3rd Eye.

The process invoked here is:

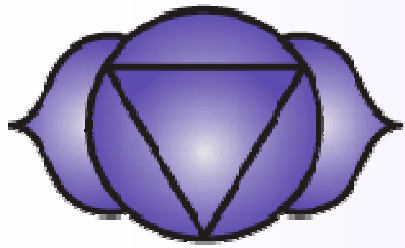
Opening of the mind – impersonal mind.

Retrieving one's power from false truths.

Acting on internal direction.

Discriminating between motivation through fear and faith.

This chakra takes us towards detachment – beyond 'personal mind' or 'beginner's mind' to open mind.



Ajna

(Seek only the truth)

Detachment

The activation of this chakra helps to separate truth from illusion.

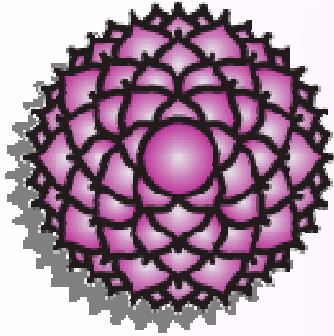
By becoming conscious, we become detached from subjective perceptions.

Detachment is not impersonal or non-caring.

It is stilling of the fear-driven voices.

It is an inner composure free of external influences.

An understanding of change and death at a deep level.



Sahasrara

(Live in the present)

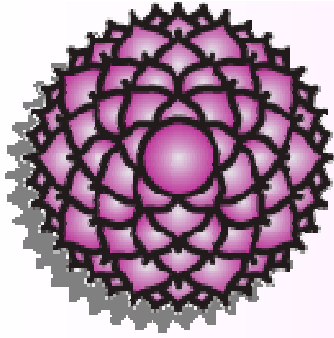
The Spiritual Connector

When our energy system is animated by our Spirit, the 7th Chakra is aligned to seek an intimate relation with the Divine.

It is the Chakra of **Prayer**.

Our ‘grace bank account’ – the storehouse of good energies amassed thru kind thoughts & actions, acts of faith & prayer.

7th Chakra houses the energy that generates devotion, inspiration, prophetic thought, transcendent ideas, mystical connections.



Sahasrara

(Live in the present)

Spiritual Seeking

Meaning & Purpose – that cannot be obtained by shuffling the outer world. A deeper longing – awakening.

Reframing of self & identity – who am I & what do I want.

Need for Devotion to something greater than oneself – deep need to be in touch with the source of power, love & hope.

The person who works through these emerges as one living in the present moment – living with love and wisdom in service to others and life.



*There are more things in heaven & earth,
Horatio, than are dreamt of in your philosophy.*

William Shakespeare
Hamlet